

A REVIEW ON SHATAVARI GHRITA

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ABSTRACT

Shatavari Ghrita is a versatile, climbing plant. The name “Shatavari” means “a woman who possess 100 children”, referring to the shatavari rejuvenation effect in female reproductive organs also balance Pitta and Vata. It is useful in gastric disorder and as well as it also helps in male reproductive system. Sneha kalpana is a preparation prepared by using 1 part of Kalka dravya, 4 parts of sneha dravya and 16 parts of Drava Dravya. The mixture is boiled until sneha Siddhi Lakshna are attained. The Ghrita formulations are included under the Sneha Kalpana. Sneha are of 4 types, Ghrita, Taila, Vasa and Majja. Out of these Ghrita is considered to be the best one because of its unique nature of incorporating the properties of the drugs with which it comes in contact without leaving its own natural qualities. Total 13 different references Shatavari Ghrita are available in different text of Ayurveda. It is commonly indicated in Raktapradara, Shukradosha, Artava dosha, Amlapitta, Vatarakta, Raktapitta and Mutrakrucho.

Keywords: Shatavari, Sneha Kalpana, Shatavari Ghrita, Raktapradara, Raktapitta

INTRODUCTION

The nomenclature of Sneha Kalpana¹ is sum of words Sneha and Kalpana, where Sneha means fat or fatty material and Kalpana stands for pharmaceutical process of medicaments. The substance which is called Sneha Dravya will be having Guru, Sara, Snigdha, Manda, Suksma, Mrdu, Drava Gunas. In Ayurveda Ghrita kalpana included under the Sneha Kalpana. Ghrita, Taila, Vasa and Majja are the best Sneha Dravyas of all. Amongst them Ghrita² is the Sneha Dravya par-excellence because of its power to assimilate effectively the properties of the substances. The medicated Ghee mentioned in ayurveda pharmacopeia are prepared by boiling or cooking them with drug, decoction or juice etc. Shatavari Ghrita is important formulation which is

mentioned in various text books like Bhaishajya Ratnavali³, Chakradatta⁴, Vangasena⁵, Gada Nigraha⁵, Yogratanakara⁵ etc in context of different diseases. It is prepared with Murchita ghrita by adding the Kalka of the different herbs and along with water and milk, Swarasa etc.

Shatavari⁶ is a very important plant, which is used in many diseases in Ayurveda. Traditionally this plant is used as a reproductive tonic. It is also used traditionally for increasing lactation, treating gastric ulcers, dyspepsia, piles, diabetes and regulates sexual behaviors etc. Shatavari has been mentioned in Ayurvedic text like Charaka Samhita, Susruta Samhita and Astanga Samgraha. Kashyapa Samhita has evidently stated that shatavari promotes maternal health and noted its meticulous use

as a galactagogue. Acharya Sushruta⁷ has also mentioned Shatavari as Vata-Pitta Shamaka. Shatavari is used in Ayurveda to balance Pitta and Vata, but can increase Kapha due to its heavy nature. Its bitter and sweet taste has a cooling effect on the system and is also used as a Rasayana.

MATERIALS AND METHODS

There are generally three essential components¹ required for the preparation of Ghrita. (A) Kalka (a fine paste of the drug or drugs) – 1 part. (B) Sneha dravya (ghrita) – 4 parts. (C) Drava dravya (a liquid which may be one or more as Kashaya, Swarasa, Dugdha etc.)- 16 parts. The duration of Paka period¹ depends on the nature of the Drava Dravya added to Sneha. As mentioned for Ksheera- 2 days, Swarasa- 3days, Takra, Aranala etc. – 5 days, Kwatha prepared with Mula and Valli – 12 days, Vrihidhanya and Mamsarasa – 1 day Paka should be done. Depending upon the nature of Drava Dravya, the time duration of the Sneha Paka

varies because each Drava Dravya has its own concentration and also releasing capacity of active ingredients into the Sneha. Hence Acaryas mentioned different time duration according to the Drava Dravya.

In Shatavari Ghrita Paka, first Murchana of Ghrita has to be done then collected and warmed in the Sneha Patra by applying gentle heat. Then the Kalka and Drava Dravya to be used are added and the whole contents are boiled together till the water portion get evaporated and Ghrita becomes free from froth. There is confirmative tests¹ for completion of Sneha Paka- (1) Sneha Kalka attains perfect wick shape when rolled between thumb and index figure. (2) If a part of Sneha Kalka is put into the fire, no sound is produced indicating the loss of moisture in it. (3) Foam disappears during completion of preparation. The following table shows the different references of Shatavari Ghrita mentioned in the classics.

Table 1: Different references of Shatavari Ghrita

Sl.No	Kalka Dravya	Drava Dravya	Indication	Dose	Reference
1.	Each drug of Jivaniya Gana, Rasna, Goksura, Shatapuspa, Vacha, Kustha, Sarala, Punarnava, Sweta Chandana, Tagara, Jatamansi, Padmaka, Raktachandana, Tulasi, Shunti, Pippali, Vidanga, Shunti, Nilotpala	Shatavari Kwatha	Vrishya, Jwara nasaka	1 Tola	Gada Nigraha ⁵ GhritaPrakaran

2	Jeevaniya Gana, Yashtimadhu, Sweta Chandana, Padmaka, Gokshura, Kapikachu, Bala, Nagabala, Shalaparni, Prushtaparni, Vidari, Sarivadwaya, Khanda Sharkara, Kashmiri Phala,	Shatavari Swarasa, milk	Raktapitta, Swasa, Kasa, Vata-Pitta Vikara	1 Tola	Chakradatta ⁴ , Streeroga
3	Each drug of Jeevaniya Gana, Shatavari, Mrudvika, Parushaka, Priyala, Yashtimadhu Dwaya	Shatavari Mula Svarasa, cow milk	Raktapradara, Sukradosa Nasaka, Raktapitta	1 Tola	Chakradatta ⁴ Guhya Roga
4	Shatavari, Kasha, Kusha, Goksura, Vidarikanda, Ikshu, Amalaki	Kwatha of Shatavari, Kasha, Kusha, Goksura, Vidarikanda, Iksu, Amalaki	Mutrakruchha	1Tola	Vangasena ⁵
5	Yastimadhu	Shatavari Svarasa, Cow Milk, Punarnava Kwatha	Panataya	1 Tola	Yoga Ratnakara, Panatyaya
6	Shatavari Kalka	Shatavari Svarasa, Cow Milk	Vatarakta	1-2 Tola	Bhaishajya Ratnavali, Vatarakta
7	Shatavari Kalka	Cow milk	Sukra Shodhaka, Artava Dosha Nasaka	2 Tola	Vangasen, Vajikarana

9	Yashtimadhu, Trikatu, Gokshura, Phalini, Ksheera Kakoli, Shilajatu, Pashana Bheda, Trisugandha,	Shatavari Swarasa, Goats Milk, Swarasa of Gokshura Dwaya, Anantamula, Kasha, Kantakari	Mutrakriccha, Mutradosha	1-2 Tola	Yogaratnakara ⁵ , Mutrakrichra
10	Shatavari Mula Kalka	Shatavari Mula Svarasa, Cow Milk, Water	Amlapitta	1-2 Tola	Bhaishajya. Ratnavali ³ , Amlapitta
11	Shatavari, Sweta Chandana, Padmaka, Nilotpala, Priyangu, Patha, Pippali, Shalaparni, Bilva, Ajamoda, Atasi, Manjista, Jivanti, Chitraka, Indrayava	Indrayava Kwatha	Grahani, Pittatisara	1-2 Tola	Vangasena ⁵ , Grahani
12	Shatavari, Dadima, Tintidika, Kakoli, Meda, Yastimadhu, Vidarikanda, Parushaka Mula	Cow Milk	Jwara, Kasa, Raktapitta	1 Tola	Chakradatta ⁵ , Yogaratnakara ⁵ Raktapitta
13	Jivaka, Risabhaka, Meda, Mahameda, Kakoli, Ksira Kakoli, Draksha, Yashtimadhu, Mudgaparni, Masha Parni, Vidari, Raktachandana	Shatavari Svarasa, Cow Milk	Raktapitta, Vatarakta, Ksina Sukra, Anga Daha, Siro Daha	1 Tola	Bhasajyai. Ratnavali ⁵ , Vajikarana

DISCUSSION

Total 13 references⁶ by the name of Shatavari Ghrita are found in various text of Ayurveda. The Sneha Dravya used is Murcchita Go-Ghrita in all references and

having a general dose of 1pala(48ml). It is commonly indicated in Raktapradara, Shukradosha, Artava dosha, Amlapitta, Vatarakta, Raktapitta and Mutrakrucra. The kalka dravya used vary from text to text.

Among them Shatavari, Jeevaniya Gana, Yastimadhu, Gokshura are commonly used as a Kalka Dravya. The Drava Dravya mentioned for the preparation of Shatavari Ghrita is almost similar in all texts. They are Shatavari Mula Swarasa, Cow milk, Shatavari Kwatha, Water. In context of few formulation of Shatavari Ghrita some Prakshepaka Dravya⁶ are mentioned such as Pippali Churna, Honey The reference available in Sahasrayogam is named as Shatavaryadi Ghrita⁷. Shatavari Moola Swarasa and Gokshura Swarasa is used as a Drava Dravya and Vidari, Chandana, Vamshalochana, Draksha, Yastimadhu, Kasheruka, Ervaruka, Shilajatu, Pippali, Utpala, Padmaka, Musta and Kakolyadi Gana are used as a Kalka Dravya.

CONCLUSION

Shatavari Ghrita is commonly available reference in different texts of Ayurveda. Though the ingredients are available easily and easy to prepare, it is hardly available in the market as it is not much prescribed by much of the physicians. It is necessary to explore the therapeutics of this formulation for the betterment of mankind and hence various clinical and experimental studies need to be carried out to prove its efficacy.

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